Spiritual & Physical Healing by Qur'an

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1. Recommended Manners of Aam'al:

Qur'an possesses divine power and it is used in various practices to invoke help and blessings of Allah. The recommended liquids with which Ayah are written include rose water, musk, saffron, honey, the juice of mint, and juice of the grape. Rain water, spring water, water from a well are used to wash the written Dua, and usually this water is given to drink to the person concerned. It is written normally on clean paper/plate. Sometimes the water is poured over the person's head as he faces towards Kabah direction.

Taqwa is a paramount pre-requisite of all Aam'al. Result would be achieved only when it is done by a Muttaqi. Those who have made Aam'al their business and claim to be specialized in this faculty have no concern with Al A'alam al Ruhaniyah. It is emphatically suggested to remain beware of such professional thugs. After recitation of Surah or particular Ayah the water is gently blown upon and then it is offered to the affected one to drink and also sprinkled over his body. This water is believed to possess the power to remove evil influence. `Ilm al `Adad is considered by the "Ikhw'an al Safa" as the way leading to the grasp of Unity, as a science which stands above Nature and is the Principle of beings and the root of the other sciences, the first elixir and the most exalted alchemy. Indeed the importance of the number of times a Surah or Ayah is read is like following the directions for locating a hidden treasure. If the treasure is forty steps away it cannot be reached by thirty-nine, and forty-one will over-step it and it will not be found. One must trace it at forty only.

Each Surah of Qur'an can be used for numerous problems. There are Surahs which protect one's property, his household and his person from Jinn and the evil-eye. There are Ayahs as well as various Surahs which greatly help in times of distress. Aam'al should be done at stated times and stipulated number of times. Following numbers are recommended for Tasabih and Aam'al mostly, 7, 21, 40, 41, 100,110 and 1000. [1]

2. Healing from illness & protection from enemies by Surah Yasin (36):

Surah Yasin is the heart of the Qur'an. It has been unanimously acknowledged by all Muslim Schools that this Surah is very helpful to be recited to call up the Rahmat of Allah. Yasin is also one of the names of Rasulullah(S). Surah Yasin has long been regarded as an extraordinary Surah to recite. It is a defense against evil forces, provides divine shield from the attacks of associates of Shait'an. Besides the security, this Surah also holds unique and powerful weapons

which can be used in difficulty. One of such weapons is that Ay'aat which was revealed during the Hijrah of Rasulullah(S) from Makkah to Madinah:
"And We have set before them a barrier and behind them a barrier, and We covered them over so that they see not." [2]
"We sent not down upon his people any armies from heaven, nor were We (in need) to send (any such army)" [3]
"It was nothing but one terrible cry, and behold - they were (like ashes) extinct. [4]
"His Command, when He intends anything, is only that He says to it, "Be' then (and there) it is - (Kun Faya'kun)" [5]

The direction for using Surah Yasin (36) alone covers all the experiences of life, from an easy birth to a painless and peaceful death, and the blissful journey to Jannah.

According to the Qur'an, Ayah 65 & 66 of Surah Yasin (36) are to be used as a protection from the tongues of slanderers, some practitioners write it on the skin of deer with saffron and rose-water.

The Surah Yasin (36) has seven parts, each ending with the word Mubin, which means open or clear. If one has an enemy who intrigue against him constantly to harm him. Then he should be countered through this Surah.

One who wishes to win the affection of his beloved, he should read this Surah and at each Mubin he should tie a knot in a cord that he holds with his hand. When the reading is completed he should nail the cord into the ground, and he will get his desire.

If the whole of the Surah Yasin (36) is written on a white muslin shirt, a person will remain safe from attempt on his life.

If one writes the 58th Ayah of Surah Yasin (36), which is called, the heart of the Surah and therefore the heart of the Qur'an, in the form of a square at sunset, and keeps it on his person, no snake, scorpion or other injurious animal will harm him.

If one reads above Ayah 29 times a day, on a fixed time for 29 days, his enemies will be removed. [6]

3. Shifa & Miscellaneous Matters:

Surah Yasin provides Shifa (cures) from all physical illnesses, such as fevers, swellings, aches, blindness and insanity.

A Yemeni manuscript written by a dignitary of high repute on the topic of spiritual sciences advises that the 58th Ayah of Surah Yasin (36) written on a paper can be a cure if tied to the side of a person suffering with pneumonia, as also when paper is dipped in a glass of water and given to a dysentery patient to drink.

If one is suffering from tooth ache, Ayah 78 to the end of the Surah Yasin (36) is written on paper and placed over the ear on the side of the painful tooth; it will provide relief from the pain.

If the entire Surah Yasin (36) is written and hung up in a garden, that garden will produce in abundance. Moreover if it is kept on the person, neither illness nor dangerous animal will afflict the wearer.

If one is going on travel, one should wear Ayah 25 of the Surah Yasin (36) as Hirz (amulet), Inshallah he will never feel fatigue on that journey.

The desire for physical strength, courage, victory in war, prosperity, position and knowledge can be attained by the use of other parts of the Surah. For physical strength recite Ayah 10 of Surah Yasin (36). [7]

4. Aam'al of different Surah from "Majmua-e-Yemeniyah":

Recite over a pot of water 30 times Surah Al Fatiha for recover from pain & 40 times from cure from fever.

Write on a piece of paper "Allah" 66 times, with rose water, eatable colour or Saffron let it dry and then put that piece of paper in a water pot and then drink from it.

If Surah an N'ass (114) would be written out and put in a box containing valuables of any kind, it would save it from harm.

If Ayah 267 of Surah al Baqarah (2) is written on ceramic plate and put among clothes it saves from insects.

Ayah 14 & 15 of Surah al Baqarah (2) keep evil powers away.

While travelling by sea or air, Ayah 256-260 of the Surah al Baqarah (2) will keep away storms. Moreover in drought, famine and flood one will remain in the protection of Allah, subject to paying proper attention to the above Ayah.
Easy source of learning would be available, if one writes Ay'aat 109-112 of the Surah al Maedah (5) on a black stone, on the first Friday of the month, at the time of sunset, and wears it regularly. He will become a scholar and would discover secret sciences which he never knew.

If one is faced by a grave situation and reads Ayah 140 of Surah A'ale Imran (3) 40 times a day for 40 days; the gravity of the situation will be removed.

For physical strength, read Ayah 140 of Surah A'ale Imran (3) 19 times a day for 19 days.

If one reads Ayah 140 of Surah A'ale Imran (3) 10 times a day for 10 days, his financial conditions can improve.

If one reads Ayah 140 of Surah A'ale Imran (3) 5 times a day for 5 days, he and his family will remain healthy.

For a prisoner to win freedom read Surah al Jinn (72).

The safety of one's valuables read Surah al Jinn (72).

If Surah al-Saff (37) and Surah Yasin (36) are jointly read near the person on death bed, his sufferings will quickly come to an end, and Rehmat of Allah will surround him.

Diabetics should recite 110 times Surah Isra (17) Ayah 80
Before and after this Ayah, one should recite Salaw'at 5 times and gently blow on water and drink it. By the grace of Allah even chronic Diabetes would be cured.

For strong memory, following Ayat of the given Surah should be recited as much as possible on the days mentioned below:
1). Saturday Ayah 114 of Surah Taha
2). Sunday Ayah 116 of Surah Taha
3). Monday Ayah 7 of Surah A'laa
4). Tuesday Ayah 6 of Surah A'laa
5). Wednesday Ayah 16 of Surah Qiyamah
6). Thursday Ayah 17 of Surah Qiyamah
7). Friday Ayah 18 of Surah Qiyamah

To fulfill ones legal wish, offer two Rakaat "Salaat al Hajat" and recite in each Rakaat Surah al Fatihah seven times.

Prior to meeting with high in rank, with an intention of 'Taskhir' (wining his heart) one should recite Surah al Fatihah (1) 19 times and then blow on his body. Insha'allah strictness of the high in rank towards the one who practices this Amal shall be reduced. [8]

5. A'amaal of Ayah al Kursi

Rasulullah(S) honoured Ubayy bin Ka'ab, due to his knowledge. Once he said to Ubayy: "Leyahnikal ilma Ya Abal Munzir"- O Abal Munzir, congratulate the bounty of knowledge to you. Ubayy bin Ka'ab narrated that he had a harvest of dates. He noticed that it was shrinking day by day, so decided to keep a watch on it at night. During vigilance he observed a beast that looked like a grown up boy. Ubayy said Salaam to him, which he responded. Ubayy asked: "Are you human or Jinn"? It replied, "Jinn." Ubayy asked: "Show me your hand." It showed him its hand, and he saw that it looked like a dog's hand, with fur covering it. He said, really this is Jinn like!" Jinn disclosed Ubayy that community of Jinn knows that there is no one among them stronger than me." Immediately Ubayy asked it, "What brought you here?" It replied, "We have been

informed that you like to give charity, so we came to get some of your food." Then Ubayy asked it, "What would protect us from you?" It replied: "The Ayah from Surah al Baqarah:
"Allahu La 'ilaha 'illa Huwal-Hayy ul-Qaiyyum----------Hum Fiha Khalidun"
Whoever recites Ayah al Kursi (Ayah 255-257: Surah al Baqarah) in the evening will be protected from us until the morning, and whoever recite it in the morning will be protected from us until the evening."
In the morning, Ubayy came in the presence of Rasulullah(S) and narrated him entire happening. Rasulullah(S) responded to Ubayy:
"The Jinn has said the truth!" [9]

Whoever reads Ayah al Kursi all his needs will be fulfilled. It has ten pauses. When reading it, at each pause one should bend a finger into the palm of the hand, beginning with the little finger of the right hand and ending with the thumb of the left hand. When both hands are thus closed, Salaw'at upon Mohammad and his descendents should be recited three times. This should be followed by the reading of Surah al Fatihah 10 times, and after each reading one finger should be opened to come out, but in the reverse order from that in which they were drawn in. Then all fingers should be pointed upward, and the suppliant should blow his breath upon them, and then express all his needs and desires. If this is done for 40 days .their desire will be granted, Inshallah. [10]

This A'mal is known as the A'mal of Ayah al Kursi. After Salaat al Fajar, Salaat al Maghrib and before retiring to bed, Surah al Fatihah should be read thrice including Bismillah, Ayah al Kursi, Surah al Falaq 113 and Surah an Naas 114. It is necessary to recite Salawaat thrice in the beginning as well as at the end of the Amal. If the affected one recites himself it is better, otherwise someone else should recite and blow in such a manner that his lips touch the affected person. Whatever you read blow in the glass of water at the end, and give it to the affected one to drink, each morning. If some unusual signs of effect are seen within the house, then a portion of that water should be sprinkled in the four corners of the house in such a manner that the drops of water does not fall on the floor. [11]

Select Bibliography:

1). Al Shaikh al Fazil, Akbar Ali Ezzi, Ex-Principal Al Jameatus Saifyah, Karachi, discussed numerous points during Asb'aq-lectures. This humble student achieved number of benefits from him. He was specialist of occult sciences and an erudite scholar. May Allah shower his choicest blessings upon his soul, A'amin
2). Ayah 9, Surah Yasin
3). Ayah 28, Surah Yasin
4). Ayah 29, Surah Yasin
5). Ayah 82, Surah Yasin
6). "Majmuah" Mukasir al Dawah, Syedi Qamaruddin, (d.1816 AD, Ujjain, India). He was Muttaqi scholar and a dignitary of Ismaili Musta'alavi Dawoodi Muslims. He held command over various branches of occult sciences.
7). "Majmuah' al Taskhir wal D'awah", Syedi Mohammad Asaduddin, (Shariqah, Yemen). He was Mazun of the Ismaili Musta'alavi Dawah, and master of pen and sword simultaneously. Sources say: seriously afflicted with evil eye or heavily influenced by unseen were cured merely through his observation.

8). "Majmuah Yemeniyyah" by: Syedi Abdulqadir b. al Qazi Habibullah al Hafiz. He was a prominent scholar of high repute in Yemen, specialized in various branches of occult sciences. He prepared this work from different authentic paramount sources of the Fatemi Du'aat, in the year 1250(A.H) in Hutaib, Yemen. He was from the linage of Yemeni Duaat and Rulers from the illustrious family of 'A'ale Walid' and was paternal ancestor of this humble writer.

9).Ibid

10).Ibid

11). "Majmuah Yemeniyyah" by: Al Shaikh al Fazil, Abd al Tayyeb b. Syedi Abdulqadir. He was Naeb of the Dai in Yemen on behalf of the 47th Dai of the Ismaili Musta'alavi Dawoodi Muslims. He was paternal grandfather of my father; his grave is located outside of the Shrine of Mazun al Dawah, Syedi Abdulqadir Hakimuddin, "D'aris Surur", Burhanpur, India.

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